

## ENHANCED MEASURES BETWEEN THE NORTH SHORE AND NEWFOUNDLAND AND LABRADOR

**Baie-Comeau, February 18<sup>th</sup>, 2021** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to inform the population that the entry management protocol for isolated territories now applies to everyone coming into the region from the province of Newfoundland and Labrador.

This protocol includes the following measures for people entering the Golfe-du-Saint-Laurent (Lower North Shore), Minganie and Caniapiscau RCMs from other regions of Québec, or from other Canadian provinces or territories:

- Call 1 877 644-4545 for an appointment to be tested for COVID-19 when you arrive and after seven days.
- Respect a seven-day preventive self-isolation when you arrive (including people who live with you).
- Avoid social interactions for 14 days.

This protocol does not apply for road travels of less than 24 hours between Québec and border villages of Newfoundland and Labrador.

In the next few days, an awareness team from the Red Cross will be sent to these border regions. Teams will be there to welcome visitors who enter the North Shore by plane or using the ferry, in order to inform them of the public health measures to follow.

The Sureté du Québec will maintain an active presence throughout the population and with visitors, and make more interventions to ensure that the applicable health safety rules (no gatherings, curfew, etc.) are followed.

As for travellers coming in from Newfoundland and Labrador, we ask them to go directly to their home or workplace. In the latter case, it is highly recommended that they self-isolate outside their working hours.

Let us mention that certain groups of workers follow an alternative protocol that was approved by the Direction de santé publique de la Côte-Nord.

### **Entry management in other RCMs**

In other RCMs of the North Shore, people who enter the territory are asked to respect a preventive seven-day self-isolation and avoid social interactions for 14 days. People who live with them are asked to also follow these measures.

If you develop symptoms consistent with COVID-19, consult the [COVID-19 Symptom Self-Assessment Tool](#) and follow the instructions. You can also call 1 877 644-4545 for more information.

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